

Table S2 : Composition of the Diet Quality Index

Dietary Factor	Index	Description ^a
1 Fibre	0	< 23.5 g/d in men and < 21.5 g/d in women
	1	≥ 23.5 g/d in men and ≥ 21.5 g/d in women
2 Fruits	0	< 169.4 g/d in men and < 228.3 g/d in women
	1	≥ 169.4 g/d in men and ≥ 228.3 g/d in women
3 Vegetables	0	< 160.1 g/d in men and < 185.9 g/d in women
	1	≥ 160.1 g/d in men and ≥ 185.9 g/d in women
4 Yoghurt	0	< 15.8 g/d in men and < 35.8 g/d in women
	1	≥ 15.8 g/d in men and ≥ 35.8 g/d in women
5 Nuts	0	< 0.83 g/d in men and < 0.85 g/d in women
	1	≥ 0.83 g/d in men and ≥ 0.85 g/d in women
6 Garlic	0	< 10.8 g/d in men and < 8.1 g/d in women
	1	≥ 10.8 g/d in men and ≥ 8.1 g/d in women
7 Fish	0	< 22.2 g/d in men and < 18.6 g/d in women
	1	≥ 22.2 g/d in men and ≥ 18.6 g/d in women
8 Red and processed meat	0	≥ 122.5 g/d in men and ≥ 85 g/d in women
	1	< 122.5 g/d in men and < 85 g/d in women

^aCut-off points are based on sex-specific median dietary intakes in non-cases (n=343,478).